



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 11709, Asparagus, frozen, cooked, boiled, drained, with salt**

**Report Date: July 04, 2017 19:38 EDT**

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

**Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 180g	1 package (10 oz) yields 293g	4.0 spears 60g
<b>Proximates</b>							
Water	g	94.10	1	--	169.38	275.71	56.46
Energy	kcal	18	--	--	32	53	11
Energy	kJ	74	--	--	133	217	44
Protein	g	2.95	4	0.108	5.31	8.64	1.77
Total lipid (fat)	g	0.42	4	0.079	0.76	1.23	0.25
Ash	g	0.61	4	0.043	1.10	1.79	0.37
Carbohydrate, by difference	g	1.92	--	--	3.46	5.63	1.15
Fiber, total dietary	g	1.6	--	--	2.9	4.7	1.0
Sugars, total	g	0.32	--	--	0.58	0.94	0.19
<b>Minerals</b>							
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	18	38	0.686	32	53	11
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	0.56	38	0.032	1.01	1.64	0.34
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	10	38	0.430	18	29	6
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	49	38	1.677	88	144	29
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	172	38	7.439	310	504	103
Sodium, Na	mg	240	--	--	432	703	144
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	0.41	38	0.018	0.74	1.20	0.25
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	0.105	38	0.004	0.189	0.308	0.063
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	0.140	38	0.006	0.252	0.410	0.084
Selenium, Se <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	µg	3.9	38	0.781	7.0	11.4	2.3
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	24.4	--	--	43.9	71.5	14.6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 180g	1 package (10 oz) yields 293g	4.0 spears 60g
Thiamin	mg	0.065	3	0.025	0.117	0.190	0.039
Riboflavin	mg	0.103	3	0.018	0.185	0.302	0.062
Niacin	mg	1.038	--	--	1.868	3.041	0.623
Pantothenic acid	mg	0.158	--	--	0.284	0.463	0.095
Vitamin B-6	mg	0.020	3	0.005	0.036	0.059	0.012
Folate, total	µg	135	6	25.658	243	396	81
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	135	6	25.658	243	396	81
Folate, DFE	µg	135	--	--	243	396	81
Choline, total	mg	20.9	--	--	37.6	61.2	12.5
Betaine	mg	0.7	--	--	1.3	2.1	0.4
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	40	--	--	72	117	24
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	483	--	--	869	1415	290
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	806	--	--	1451	2362	484
Lycopene	µg	24	--	--	43	70	14
Lutein + zeaxanthin	µg	618	--	--	1112	1811	371
Vitamin E (alpha-tocopherol)	mg	1.20	1	--	2.16	3.52	0.72
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta	mg	0.02	1	--	0.04	0.06	0.01
Tocopherol, gamma	mg	0.17	1	--	0.31	0.50	0.10
Tocopherol, delta	mg	0.00	1	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	80.0	1	--	144.0	234.4	48.0
<b>Lipids</b>							
Fatty acids, total saturated	g	0.096	--	--	0.173	0.281	0.058
12:0	g	0.001	--	--	0.002	0.003	0.001
14:0	g	0.003	--	--	0.005	0.009	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 180g	1 package (10 oz) yields 293g	4.0 spears 60g
16:0	g	0.086	--	--	0.155	0.252	0.052
18:0	g	0.006	--	--	0.011	0.018	0.004
Fatty acids, total monounsaturated	g	0.013	--	--	0.023	0.038	0.008
16:1 undifferentiated	g	0.002	--	--	0.004	0.006	0.001
18:1 undifferentiated	g	0.011	--	--	0.020	0.032	0.007
Fatty acids, total polyunsaturated	g	0.185	--	--	0.333	0.542	0.111
18:2 undifferentiated	g	0.175	--	--	0.315	0.513	0.105
18:3 undifferentiated	g	0.010	--	--	0.018	0.029	0.006
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
<b>Amino Acids</b>							
Tryptophan	g	0.029	--	--	0.052	0.085	0.017
Threonine	g	0.082	--	--	0.148	0.240	0.049
Isoleucine	g	0.109	--	--	0.196	0.319	0.065
Leucine	g	0.128	--	--	0.230	0.375	0.077
Lysine	g	0.140	--	--	0.252	0.410	0.084
Methionine	g	0.028	--	--	0.050	0.082	0.017
Cystine	g	0.035	--	--	0.063	0.103	0.021
Phenylalanine	g	0.070	--	--	0.126	0.205	0.042
Tyrosine	g	0.047	--	--	0.085	0.138	0.028
Valine	g	0.114	--	--	0.205	0.334	0.068
Arginine	g	0.138	--	--	0.248	0.404	0.083
Histidine	g	0.046	--	--	0.083	0.135	0.028
Alanine	g	0.139	--	--	0.250	0.407	0.083
Aspartic acid	g	0.342	--	--	0.616	1.002	0.205
Glutamic acid	g	0.483	--	--	0.869	1.415	0.290
Glycine	g	0.096	--	--	0.173	0.281	0.058
Proline	g	0.157	--	--	0.283	0.460	0.094
Serine	g	0.112	--	--	0.202	0.328	0.067
<b>Other</b>							
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

**Sources of Data**<sup>1</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

<sup>2</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

<sup>3</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

<sup>4</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

<sup>5</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

<sup>6</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

<sup>7</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994